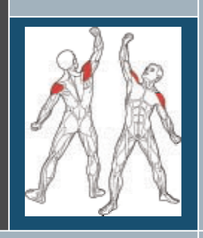
FIT 3 • EXERCISE WALL CHART

SHOULDER PRESS

EXERCISE INSTRUCTIONS:

- Adjust bench to upright position. Adjust seat pad to angled position.
- Pivot the press arm to Shoulder Press position so handles are level with top of shoulders.
- Grip handles firmly and press up to full overhead position without locking elbows and return.

MUSCLES WORKED:
SHOULDERS-deltoids



INCLINE PRESS

EXERCISE INSTRUCTIONS:

- Adjust bench to incline position. Adjust seat pad to the angled position.
- Pivot the press arm to Incline Press position so handles are slightly above chest.
- Grip handles firmly and press to full position without locking elbows and return.

MUSCLES WORKED:
CHEST-pectorals
SHOULDERS-anterior deltoids

BENCH PRESS

EXERCISE INSTRUCTIONS:

- Adjust bench and seat pad to flat position.
- Pivot the press arm to Bench Press position so handles are slightly above chest.
- Grip handles firmly and press to full position without locking elbows and return.

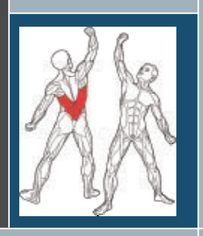
MUSCLES WORKED:
CHEST-pectorals
SHOULDERS-anterior deltoids

LAT PULLDOWN

EXERCISE INSTRUCTIONS:

- Pivot seat to upper position.
- Grasp bar from high pulley with hands slightly wider than shoulder width apart and arms fully extended.
- Sit down with thighs under roller pads.
- Pull bar down to the front of the chest, keeping chest up and elbows under the bar. Slowly return.

MUSCLES WORKED:
BACK-latissimus dorsi

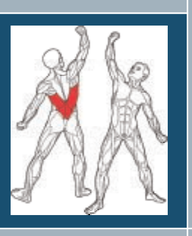


LOW ROW

EXERCISE INSTRUCTIONS:

- Pivot seat to lower position and adjust roller pads to upright position.
- Place feet on low row supports. Grasp handle with hands shoulder width apart and palms facing down.
- Pull handle towards chest slowly until elbows are along side body and return.

MUSCLES WORKED:
BACK-latissimus dorsi / erector spinae



BICEPS CURL

EXERCISE INSTRUCTIONS:

- Pivot seat to lower position and adjust the roller pads to upright position.
- From a standing position, grasp handle with palms facing up and hands shoulder width apart.
- Starting with arms fully extended without locking your elbows, bend arms to curled position towards chest and slowly return.

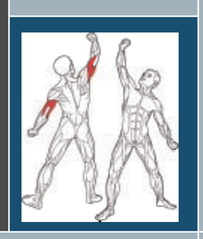
MUSCLES WORKED:
BICEPS

TRICEPS EXTENSION

EXERCISE INSTRUCTIONS:

- Pivot the roller pads to upright position.
- Grasp handle (smaller handle preferred) with palms facing down and hands shoulder width apart.
- Bring handle down so forearms are at a 90° angle to your body.
- Keeping elbows at sides, press handle down until arms are fully extended and slowly return.

MUSCLES WORKED:
TRICEPS

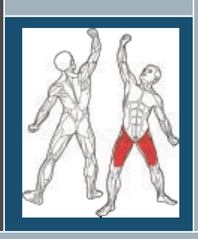


LEG EXTENSION

EXERCISE INSTRUCTIONS:

- Adjust seat pads to upright position.
- Sit down and place feet behind roller pads.
- Adjust lower roller pads to be positioned above ankles.
- Fully extend legs without locking knees and slowly return to start position.

MUSCLES WORKED:
LOWER BODY-quadriceps



LEG CURL

EXERCISE INSTRUCTIONS:

- Use pullpin and adjust pads to lowered position.
- Place feet under the upper roller pads.
- Slowly flex your knees to a curled position and return slowly to starting position.

MUSCLES WORKED:
LOWER BODY-hamstrings

SAFE FITNESS FACTS:

- **Read all warnings posted on the machine.**
- **Stay clear of weights and moving parts. Keep observers, children and pets at a safe distance. Do not allow children to play on equipment.**
- **Be certain weight stack selector pin is fully inserted.**
- **Inspect machine for worn or loose components prior to use. Pay close attention to cables and their connections. Immediately notify facility manager of any worn parts before use.**
- **Do not wear loose, dangling clothing or jewelry while using this equipment.**
- **Do not attempt to lift more weight than you can comfortably handle.**
- **Consult a physician prior to your exercise program. If you feel faint, dizzy or experience pain, stop and consult your physician.**

If you have any questions on the proper use of the equipment, please call Life Fitness at 800-634-8637. Outside the US and Canada, call (+1) 847-288-3300.